

They are counting on you...

Are YOU prepared for a disaster?



Be involved in your community...

Participate

Map Your Neighborhood (MYN)
www.emd.wa.gov

Training Opportunities

Community Emergency Response Team (CERT)
www.citizencorps.gov

First Aid/CPR
Additional Red Cross training
www.redcross.org

Having supplies before a disaster happens is a smart way to help your family be better prepared.

...because they
DEPEND ON YOU
to be there in an
emergency.

For Information:




Snohomish County
Emergency Management



www.WhoDependsOnYou.com

Who depends on YOU?

Preparedness
Shopping List
A 10-Week Guide



Disasters natural or otherwise can strike at any time and any place. Here are 10 week's worth of shopping lists that will help you with easy, manageable steps to make sure your family is prepared before a disaster happens.

Week 1: Storage

- 2 boxes of large plastic zip bags
- Plastic wrap
- 2 rolls of aluminum foil
- Assorted plastic containers with lids
- 3 boxes of heavy duty garbage bags
- Waterproof portable plastic container with lid

Week 2: Food (per person)

- 3 gallons of water
- Extra water for pets, cooking, and personal hygiene
- Sandwich bread (freeze until needed)
- 1 box of crackers
- Dry cereal
- 4 cans of fruit
- 5 cans of meat
- 4 cans of vegetables
- 1 jar of jelly or jam
- 1 jar of peanut butter
- 1 large can of juice
- Instant coffee/tea/powdered drinks
- 2 cans of ready-to-eat soup



Week 3: Health & First Aid

- Bottle of shampoo
- Antiseptic
- Deodorant
- Tweezers
- Hydrogen peroxide
- First aid book
- First aid tape
- Box of sanitary hand wipes/liquid sanitizer
- Large tube of toothpaste
- Petroleum jelly
- Adhesive bandages, assorted sizes
- Rolls of gauze or bandages



Week 4: Medications

- Anti-diarrhea medicine
- Aspirin and/or acetaminophen
- Extra supply of prescription medications
- Adult vitamins
- Thermometer

Week 5: Cleaning & Supplies

- 2 packages of eating utensils, paper cups, and paper plates
- Facial tissues
- 2 rolls of paper towels
- 4 rolls of toilet paper
- Liquid dish soap
- Mosquito repellent
- Matches
- 2 pairs of latex gloves
- Broom, mop and bucket
- Unscented liquid bleach



Week 6: Common Tools

- Battery operated or crank radio
- Flashlights
- Batteries for flashlights and radios
- Assorted safety pins
- Scissors
- Screwdriver

week 6 continued...

- Camping or utility knife
- Box of disposable dust masks
- Stove fuel/charcoal, lighter fluid
- Pliers
- Vise grips
- Hammer
- Heavy work gloves
- Plastic safety glasses
- Fire extinguisher



Week 7: Heavy Tools

- Plywood & fasteners to cover windows
- Tarpaulin, canvas for temporary roof repair
- Handsaw and/or chain-saw & fuel
- Assorted nails
- Wood screws
- Hatchet
- Crowbar

Week 8: Smart Supplies

- Battery powered camping lantern
- Batteries for camping lantern
- Portable stove or grill
- Video or disposable camera

Week 9 : Special Items

- Foods for special diets
- Extra hearing aid batteries
- Items for denture care
- Spare eyeglasses or contact lens supplies
- Leash and pet carrier
- Pet food
- Baby food
- Diapers
- Feminine products



Week 10: Helpful Supplies

- Games/activities for kids
- Local and state road maps
- Gas cans
- Duct tape